

Pinto Beans with Collard Greens

This satisfying recipe is full of flavor and packs a hefty nutritional punch. A healthy feature is the technique of sautéing in broth rather than oil. The greens provide antioxidant nutrients that can promote eye health and the beans provide fiber, minerals and protein to promote heart health.

Servings: 4 entrée portions

1 medium-sized onion, chopped
4 cloves garlic, chopped
1½ lbs collard greens
3 Tbsp. + 1/2 cup low sodium vegetable or chicken broth
15 oz can of low sodium diced tomatoes
2 cups cooked pinto beans OR 1 15oz can low sodium pinto beans
2 Tbsp. drained lemon juice
1 Tbsp. olive oil
Salt and pepper to taste

Directions

1. Chop onion and garlic.
2. Remove stems from collard greens, rinse and chop the greens.
3. Heat 3 TBS vegetable broth in large sauté pan. When the broth begins to steam, add onions, and sauté for 3 minutes.
4. Add garlic and continue to sauté for another minute.
5. Add 1/2 cup vegetable broth, tomatoes, and pinto beans to the onions and garlic mixture and bring to a boil. Add collard greens and simmer for 5 minutes. Season with salt and pepper.
6. Remove from heat and stir on olive oil and lemon juice. Serve hot.

Nutrition Information

Calories: 206	Fat: 4g (19% of calories)
Saturated Fat: 1g	Protein: 11g
Carbohydrates: 34g	Sodium: 246mg
Fiber 13g	